

Italian Style Vegetables

Makes: 8 Servings

Ingredients

2 zucchini (small, cut into 1/2 inch pieces)
1/2 pound green beans (snapped into pieces)
1/2 cabbage (small, sliced thin or shredded)
2 cups corn kernels (or combination of favorite vegetables)
1 onion (medium, sliced)
1 clove garlic (minced, optional)
2 tablespoons olive oil
1 cup fresh or canned tomatoes (chopped)
1/2 teaspoon oregano (dry)

Directions

1. Wash and trim vegetables. Slice zucchini into 1/2 inch pieces; snap beans into pieces; thinly slice or shred cabbage.
2. Heat oil in frying pan; cook onion over medium heat until soft.
3. Add vegetables and oregano.
4. Cook over medium heat for 5 to 7 minutes or until tender. Add chopped tomatoes at the last minute of cooking. Stir occasionally.
5. Serve immediately.
6. Refrigerate leftovers within 2 hours.

Notes

If using fresh green beans, cook for 2 minutes before adding onion.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	4 g	6%
Protein	2 g	
Carbohydrates	13 g	4%
Dietary Fiber	3 g	12%
Saturated Fat	0.5 g	3%
Sodium	180 mg	8%